

100,000+ women have signed up for Dr.Glutes programs and guides.

# Wilhelm's 7-Day Glute Griller

## Home Edition

Week 1



Week 7



By Dr.Glutes 2026

# Read Before Starting

Welcome to Wilhelm's 7-Day Glute Griller: Home Edition.

Most women train hard, but their glutes stay quiet, quads and hamstrings take over.

That ends here.

These 7 days are your ignition week:

- You'll finally build a mind-muscle connection.
- You'll feel your glutes firing on every rep.
- And you'll walk away with more confidence in your training.

👉 All you need is this guide, a little space at home, and the commitment to show up for 7 days.

## Warm-ups:

Warm-ups are essential, but they shouldn't drain your time or energy. The ideal warm-up? 3 sets of 15 reps of your first exercise using no weight.

This is effective because the best way to prepare for a movement, like a squat, is simply by doing that movement. Skip the overly complicated, multi-step routines and save your strength for your actual workout.

## Rest:

Rest as long as you need. This means waiting until your muscles feel strong again and your heart isn't racing, not just picking a random time like 30 seconds.

Resting depends on how hard the set was, so wait until you feel ready, then go again.

Sometimes this takes 2–3 minutes, other times just 45 seconds. Listen to your body, and rest until you feel good to go!

## Starting weight:

If you're new to lifting or trying a new exercise and don't know what weight to use, here's a simple way to find it: If your first set calls for 15 reps, choose a weight you can lift 18 times.

Don't stress if it feels too light, it's always better to start too light than too heavy. You can increase the weight as you get stronger and more comfortable with the movement.

## How to start this training plan

- If you're a beginner, stick to 2–3 sets max per exercise, don't overdo it.
- Even if you're experienced, ease into the workout. New things can make you feel sore.
- Always start lighter than you think you need to.

## Single Leg Exercises








When it comes to single leg exercises, make sure to rest 30–60 seconds between legs.

Look at them as 1 set. They don't count as 1 set (a set per leg = 1 set), but don't immediately switch legs after 1 is done, rest a little, then go again.

## Videos Demos





Click the exercise name to watch a short video demo, no guesswork needed.

# Day 1

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Goblet Squat	3 sets up to 20 reps				X	
	RDL	4 sets up to 25 reps					
	Reverse Lunges	3 sets up to 20 reps <b>Each Side</b>				X	
	Frog	4 sets up to 25 reps					
	Calf Raises	4 sets up to 20 reps					
	Lunge Lock-In Left Side	Lunge Lock-In Right Side	1 set each side		X	X	X
							

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# Day 1 - Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
 Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
 Side-to-sides	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
 Mountainclimber Slow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
 Glute Bridge March	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

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# Day 2

Warm-Up	Bent Over Row	Bent Over Row	
All done with light weight	15 reps	15 reps	

Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
 Bent Over Row	4 sets up to 20 reps					
 1-Arm Row	3 sets up to 25 reps <b>Each Side</b>					
 Reverse Fly	3 sets up to 20 reps					
 Upright Rows	4 sets up to 20 reps					
 Hammer Curls	3 sets up to 25 reps					
 Bicep Curls	3 sets up to 20 reps					

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# Day 3

## Warm-Up








## Hip Thrusts

## Hip Thrusts

All done with  
body weight

15 reps

15 reps

Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4
 Static Lunges		4 sets up to 20 reps <b>Each Side</b>				
 Hip Thrust		4 sets up to 25 reps				
 Sumo squat		3 sets up to 20 reps				X
 B-STANCE RDL		4 sets up to 25 reps <b>Each Side</b>				
 Side Tap-Out		3 sets up to 20 reps <b>Each Side</b>				X
 Bouncing Betty Left Side	 Bouncing Betty Right Side	1 set each side		X	X	X

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# Stop doing random Instagram workouts that leave you feeling lost.



(Results from all Dr.Glutes programs)

These women started exactly where you are right now. The only difference is they stopped guessing, stepped out of the generic crowd, and locked into a structured system that made failure almost impossible.

They didn't wish for these results. They engineered them step-by-step using the programs in my app to shut off their quads and force their glutes to adapt.

# Day 4

## Warm-Up







## Dumbbell Press

## Dumbbell Press

All done with light weight













15 reps

15 reps

Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
 Dumbbell Press	4 sets up to 20 reps				
 Dumbbell Fly	4 sets up to 20 reps				
 Side Raises	4 sets up to 25 reps				
 Y Raises	3 sets up to 20 reps				X
 Single Arm Tricep Ext.	4 sets up to 25 reps <b>Each Side</b>				
 Push Step Finisher	1 set		X	X	X




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# Day 5

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Goblet Sumo Squat	4 sets up to 30 reps					
	Bulgarian Split Squats	3 sets up to 25 reps <b>Each Side</b>					
	Single Leg Hip Thrust	4 sets up to 20 reps <b>Each Side</b>					
	Reverse Lunges	4 sets up to 20 reps <b>Each Side</b>					
	Peach Piñata Finisher Left	Peach Piñata Finisher Right	1 set each side				
							

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# Day 5 - Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
 Bicycle Kicks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
 Knee-To Elbow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
 V Sit-Up	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.

**1 round**                      **2 rounds**                      **3 rounds**

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# Stop Training to Just Sweat. Start Training to Rip Jeans.



(Results from all Dr.Glutes programs)

You successfully triggered the muscle-mind spark from your living room over the last 7 days.

But let's be entirely realistic: if you stop right here and go back to random home fitness challenges next Monday, your body will adapt, your progress will hit a hard wall, and your glutes will go completely quiet again.

The Peach Era App is engineered to turn home workouts into undeniable, visible status.

You don't need a crowded commercial gym to completely reshape your visual footprint, you just need a system that eliminates human error.

**Unlock the full Peach Era App**

# Real Women, Real Results – Here's Proof It Works

(Testimonials from all programs)

You've even helped the more experienced people like me level up!



Your app literally made me so sore!! But in the best way

The progress is life changing... I was a d1 track athlete and I could never put on weight, and now 3 months retired the progress is ridiculous! I've never felt this good! Thank you so so so much



NO LONGER THE FLAT ASS FRIEND



Used your app for the first time this morning.... Omg I am burning! So happy I've finally found someone who can show me a proper workout routine!



Using your app to make my legs shake since someone's son won't do it 🍑

I am so glad your app finally launched! I just want to say how much I love your app! Your workouts have helped me reach my goals more than any trainer has in the last five years and I've worked with a lot of trainers. The app has a variety of workouts I've never seen, that's probably why I'm actually seeing results! I highly recommend this app to anyone who actually wants to see a change! The best part of the app is that it's you and you make funny comments and it motivates me not have a flat ass ;) This App is a must I give your app ★★★★★ 6 stars if I could!



Hi ❤️ I love the app, I finished the first week 2 days ago and I already feel the difference in my whole body, not just my glutes. Anyway after the first 2 days I couldn't walk 😂 It's the first time I've been able to follow a workout on app but with the videos and the rest time it's so easy. Today I start week 2 🥰🥰



Using your app to make my legs shake since someone's son won't do it 🍑

Oh lord!!!! day 2 and my glutes got me waking funny, sore is an understatement 😬 I'am secretly scared of day 3. Wish me luck 🙏



No you're JOKING only on day 3 and the pump is next level already 🔥



I had to take a week off after day 1 knocking me over 😬 I'm officially on day 3 of week 2 & feeling stronger & even seeing slight changes already! Thankyou for finally creating a program that is actually home friendly & not boring!



Just did day two my cheeks feel like they're going to explode 🤪  
The split squat nearly took me out!



I've never lost weight and gained muscle before it was the most wild transformation I've ever had from a challenge style workout



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